

Get Your Game On!

Tucker Hockey

Programs that Deliver Results

ADULT

Recreational Programs

19th
Annual

Spring
2017

Level 101

This Power Skating / Player Development Program focuses on the technical skills of skating, puck control, passing, and shooting plus scrimmage. Weighted more on the power skating side with the remaining 40% of the program devoted to hockey skills, it is ideally suited for the recreational hockey player wishing to enhance or tweak his or her skills. (10 Sessions)

Group 1: Westside Rec Centre

Wednesdays, May 10th to June 28th

7:00 to 8:00 AM

\$399 New Participants/\$359 Past Participants
(8 Sessions)

Group 2: Crowchild Twin Arenas

Wednesdays, April 12th to June 21st

8:45 to 10:00 PM

No Session May 17th

\$479 New Participants/\$439 Past Participants

Level 201

This Technical Skills and Tactical Player Development Program builds on the Program 101 technical skills of skating, puck control, passing and shooting and introduces individual offensive and defensive tactics, group tactics plus scrimmage. It's ideally suited for the recreational hockey player wishing to improve on their technical skills as well as to learn to play the game better. (10 Sessions)

Group 1: Max Bell #2/Rose Kohn

Mondays, April 10th to June 26th

9:00 to 10:15 PM

No session April 17th, May 22nd

\$479 New Participants/\$439 Past Participants

Specialty Clinics

Shooting: Will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Puck Control: Will cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Backward Skating: Will cover proper starting and stopping, edge control, striding, crossovers and cross-unders and forward to backward and backward to forward pivots.

Group 1: Crowchild Twin

Thursdays; Apr. 13th to Jun. 22nd
(No Session May 18th)

Puck Control - (4 Sessions)

April 13: 9:00 to 10:15 PM

April 20: 10:15 to 11:30 PM

April 27: 9:45 to 11:00 PM

May 4: 9:45 to 11:00 PM

Shooting - (3 Sessions)

May 11 to June 1: 9:45 to 11:00 PM

Backward Skating - (3 Sessions)

June 8 to June 22: 9:45 to 11:00 PM

3 Sessions:

\$199 New Participants/\$179 Past Participants

4 Sessions:

\$249 New Participants/\$229 Past Participants

10 Sessions:

\$479 New Participants/\$439 Past Participants

Testimonial

"Having started hockey at 40 just a few months ago, I did not think I could progress as quickly as I have without the smart, progressive program the Tucker team has developed (and continues to develop). I started playing drop in shinny with a group of guys that are pretty good and I have been able to naturally apply the skills learned at Tucker. After finishing one course I immediately enrolled for the next session. With the clear instructions from Ron, Rex, and Jim, there is always plenty to learn (or re-learn) from the group instructions. And the follow up while you are on the ice from the assisting professionals like Frank, Jack, and Dave personalize any instructions to your level while going through the exercises.

I have truly enjoyed and benefited hugely from these courses. They are flexible and great value for your time and money. And, I should not forget, they're a great time too. Happy to recommend Tucker anytime!"

Mark Wilger



Register and Pay online at
www.tuckerhockey.com

For more information Call

Tucker Hockey at
403-998-5035

\$60 Drop-In Fee

Improve Your Hockey and Skating Skills!